

# Bronze #3

**Establish a Gold Medal Mile walking program on or around school grounds and a goal for student participation.**



**Definition:** The Gold Medal Mile (GMM) is a great way to get students active. To meet this criterion each student must walk an average of one mile each week. You will need to establish an indoor and outdoor course for the mile. The mile can be an actual mile or a segment of a mile that can easily be repeated. The miles walked must be tracked and logged onto [www.utahwalks.org](http://www.utahwalks.org) (see page 5 for instructions). A goal for student participation will also need to be determined. Your goal could be

- Each student will walk one mile at least once a week for the school year with individual classes or as a school
- To walk a certain number of miles by the end of the school year
- Combine all student miles to reach a certain destination by the end of the school year

**Rationale:** The American Academy of Pediatrics suggests that children be more active. They recommend that boys take at least 11,000 steps a day and girls take 13,000 steps. Children that do not meet the step guidelines are 2-3 times more likely to become overweight. There are 12.5 million American children and adolescence that are overweight. These children are at a higher risk for having high blood pressure, high cholesterol, diabetes, and asthma.<sup>1</sup>

1. WebMD Health Newsletter.  
<http://www.webmdhealth.com/nl/nlv.aspx?id=gbf6kbIjlc4=&s=482>

## Resources

Local Health Departments

Utah Walks

<http://www.utahwalks.org/>

# Assignments

## School Coordinator Assignments

- Assist in determining the Gold Medal Mile (GMM) course
- Determine the school's goal for the year
- Assist in awareness/promotion campaign for teachers, students, and school leaders
- Make sure tracking is taking place and that all teachers track what their classes walk
- Determine best times for students to walk (recess, as a class, etc.)
  - If students walk at recess make sure someone is overseeing the walking

## Mentor Assignment

- Assist in determining the GMM Course on school grounds; You can borrow a mile measurement wheel from your Local Health Department
- Work with the school coordinator to determine the school's goal for the year
- Develop, coordinate, and implement a plan that promotes physical activity using the GMM
- Develop a method to track student participation, make sure tracking is taking place, and ensure that all teachers track the miles of their students
- Write a description for the mid-year progress and end-year reports
- Log miles on <http://www.utahwalks.org>
  - See Additional Resources (page 5) for instructions

# Bronze #3 Ideas

## Goals

- Around the World in 160 Days
- Iraq and Back
- Visit Each National Park in the U.S.
- Walk to your sister school
- WOW – Walk at least Once a Week
- Race to the Nest – School Mascot
- Idita Walk

## Bulletin Boards

- Book Cliff
- Hillcrest
- Orem
- Southland
- Spectrum Academy
- Woods Cross

## Tracking

- Gold Medal Mile Log
  - Students fill in a circle on the Gold Medal Mile log every time they walk a lap. When the page is full the students turn them into their teacher. At the end of the month teachers put their classes' charts in the school coordinator's box. The mentor picks them up on the last day of each month and totals the number of miles.
- Mile Tracker Tracker 1, Tracker 2
  - Students fill in a space on the Mile Tracker for each time they walk around the marked playground. The full card is worth ten miles. The younger students' teachers initial the cards before turning them in. Students turn the cards into the office.
- Excel Tracking System
  - Give the tracking form to teachers and keep a master for extra copies in an easy to find location such as an inbox for GMS where the teachers' inboxes are. Have the teachers fill out the form and put it in the GMS inbox the 1<sup>st</sup> and 15<sup>th</sup> of each month or whatever is established. The mentor or the school coordinator can pick them up and total the miles. Whoever is counting the total miles uses the excel spreadsheet listing the teachers in the school and grade with two places a month to enter the miles walked per class. By entering in the miles walked per class it calculates the school total. The total can then be used to update a bulletin board or whatever visual is being used by class and/or school totals.
- Mileage Marker

- Each footprint on the Mileage Marker card is punched with a heart shape punch each time students walk a lap. Have an assigned person or the student council outside punching the cards during lunch or recess.
- Gold Medal Mile Counters
  - Gold Medal Mile (GMM) Counters are taken around to teachers each month. Each GMM Counter has the class roster on it. Some classes choose to have the students keep track of their own miles and others choose to have the teachers track for the whole class. The GMM Counter was created in Microsoft Excel.
- Beans/Tickets
  - Teachers use beans to count their miles. They put a bean in a container for every mile walked. The beans are counted by classroom students and then turned into the school coordinator.
- Health and Fitness Committee
  - The Health and Fitness committee is a group of seven energetic 6th graders. Each committee member mentors a different grade level and one mentors the faculty. Their job is to motivate, encourage and track miles for the grade level they are responsible for. They go into each classroom weekly and collect miles logged in journals. Miles are then brought to the school coordinator or mentor who puts them into a master log.
- Classroom Tracker
  - The classroom tracker can help mentors keep track of miles walked at multiple schools without getting them mixed up. The classroom tracker also allows teachers to express any comments or concerns they have.
- Popsicle Sticks
  - Make a cup or bucket for each grade or class, depending on how you will be tracking the mile. Place the cups or buckets at the end of your walking track. As students go out to walk give them popsicle sticks. As students complete a lap have them put one popsicle stick in the cup or bucket designated for their grade or class. Count the popsicle sticks at the end of the walk. You can put colors on the cups/buckets and popsicle sticks to make it easier to determine where the sticks should go. Assign a student to oversee the cups or buckets, rotate that student each day or week.

## **Promotion**

- Post a map and show the schools' progress towards their destination
- Stop Cities
  - If you have set a destination goal for your school make it fun and education by including stop cities along the way. Mark stop cities with stars on a large map. Each time they reach a stop city hang up a fact sheet about that city next to the map, along with a note indicating the next stop city and how many miles away it is.
- Walk the GMM in the Kick-off assembly
- Be creative in marking the course (painted footsteps, balloons, signs, etc.)
- Create a walking group for faculty and staff
- Make a Gold Medal Schools flag and let students carry it as they walk the Gold Medal Mile
- Walking Event Flyer

- Give a flyer to parents to promote a special event or to encourage them to walk the mile
- Create a “Morning Milers Club” - invite teachers, parents, and grandparents to walk with students in the mornings before school starts
  - Use a megaphone to encourage the students to run/walk the course
  - Take pictures of the “Morning Milers” to place on bulletin board

### Faculty Motivation

- Have a competition between students and faculty
- Give top walking faculty an hour away from the classroom covered by the principal
- Provide a prize for the teacher who reports their miles most frequently
- Prep time coupon
  - Mentor walks with class to give teacher an extra 15 minutes of prep time
- Sign-Up Sheet
  - Create a sign-up sheet to allow teachers to sign up for a time for their students to walk with the mentor during recess

### Student Motivation

- Gold Medal Mile Certificate
  - The GMM certificate allows the school coordinator or mentor to track student progress throughout the year by circling the miles the student earns. Present certificates for top walkers at the awards assembly.
- Give students a foot charm or medallion (both can be found at [www.fitnessfinders.net](http://www.fitnessfinders.net)) when they reach a walking goal
  - Have a different colored medallion for each month. Make a goal for each month, when students reach that goal they get that month’s colored medallion.
- Ask local businesses to donate prizes for top walkers
- Have a competition between grades or students and faculty
- Have a competition with a neighboring GMS
  - Pick a week such as Unplug ‘n Play week and see which school can walk the most miles per student. Invite special guests to come and walk with students such as families, local police officers and teachers. A reward is not necessary, bragging right should be enough.
- Hire a D.J. once a year to liven things up during the walk
- Have a trophy that is awarded to the class or student with the most miles walked for the month; Let that class keep the trophy in their room until another class beats them
  - Other awards could include a yellow jersey or golden shoe
- If the school reaches their walking goal have the principal kiss a pig, shave their head or give the students a break with an afternoon of fun games or an assembly
- Have a special focus one week out of each month
  - Top walker from each class week
  - Bring your family to walk week
  - Grades vs. grades week (1<sup>st</sup> grade classes versus other 1<sup>st</sup> grades)
  - Grades vs. other grades week (1<sup>st</sup> grade versus 2<sup>nd</sup> grade)
- Give anyone walking the GMM that pushes themselves or encourages another student to push him or herself a “**Got Caught Walking**” ticket. Put the tickets in a container with the “GCW” logo on it. At the end of each draw out 5 tickets and announce the winner over the intercom.

- As you walk with the students hold the tickets in your hands so that they are visible and the students know that there is an opportunity to earn tickets
- Logo



Got Caught Walking



- Ticket

Got Caught Walking	
<hr/>	
Name	Date



# Gold Medal Mile Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement, or the principal's signature. Use this template to write your description (all information is required).

## The description must include...

- ☐ The school's GMM goal (how many miles or the destination)
- ☐ How you collect miles (passports, beans, punch cards, etc.)
- ☐ The total miles walked to date



# Gold Medal Mile Description

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Indoor and outdoor GMM courses were established and marked. The outdoor course is  $\frac{1}{4}$  mile in total length. Students will walk around the course four times to equal a mile. The indoor course is in the gymnasium. Students must walk 25 laps around the gym to equal one mile.

The students made the goal of walking around the world at the equator. To promote the mile, a map of the world is outside of the office. The school mascot, a cougar, was used to represent how far the students had walked. To track the number of miles walked students were given tickets by recess duty when the students had completed the mile. The students then put their tickets in a box outside the office. The tickets were counted every other Thursday and the cougar was moved the appropriate distance on the map.

As of March 30, 2007 the students walked 17,895 miles. All miles have been logged onto [utahwalks.org](http://utahwalks.org).





# Additional Resources

## Utah Walks

It is the mentor's responsibility to log all miles walked by students onto UtahWalks.org.

1. Go to [www.utahwalks.org](http://www.utahwalks.org).
2. Select "Walk Tracker" from the choices along the left side column. This will take you to the login page.
3. Enter login name, which should be GMS-school name (for example: GMS-Antimony Elementary). The login names are not case sensitive, but you do need to pay attention to spaces. There are not spaces around the dash symbol, but there is a space between Antimony and Elementary.
4. Enter password, which is "goldmedal" for every school.
5. Select a day on the calendar tracker, and type in the number of miles walked. You do not need to enter miles on every day of the calendar. It's easiest to just total up the number of miles walked in a two-week period and enter that number on the last day of that two week period.
6. Be sure to hit the "submit" button so the Web site is updated.
7. Log out of this page when finished.